



InShape

West Valley City Fitness and Recreation Center News

Dog Days of Summer 2012

Saturday, August 25, 2012

12 p.m. - 3 p.m.

Small dogs only from 12 p.m. to 12:30 p.m. (under 25 pounds)

**Admission Fee: \$4 OR
\$3 plus an item for the West Valley City Animal Shelter**

(Toys, leashes, collars, treats, brushes, food, cleaning supplies, and pet first-aid supplies)

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

For your talented best friends, a Doggy Long Jump contest will be held from 12:30 p.m. to 1:00 p.m., and a Doggy Paddle race from 1:30 to 2:00 p.m.

West Valley City Triathlon

DATE/TIME:

Saturday, August 11, 2012

REGISTRATION:

Register by mail (must be postmarked by August 3) or at the Family Fitness Center (5415 West 3100 South, West Valley City) until 10 p.m. on August 10.

No day of race registration

ENTRY FEES:

Standard & Novice Divisions: \$30 per person or \$75 per team

Standard Division starts at 7 a.m.

Novice Division begins at 7:30 a.m.

Kids Mini-tri: \$15 per person, kids race starts at 9:15 a.m.

\$5 late fee after August 1

Registration includes a T-Shirt for each athlete, entry into a raffle for prizes and a post race breakfast. Trophies for overall Men's and Women's winners in Standard and Novice Divisions. Ribbons for first through third in each adult division.

INFORMATION:

For additional information, please call 801-955-4015.

K9 – 2K

Come walk/jog/run with your dog

Saturday, August 25, 2012, 10:30 a.m.

Entry Fee: \$10

(includes a gift for each participating dog and admission to Dog Days of Summer)

Register at the Family Fitness Center or by mail (postmarked by August 21).

Race day registration (additional \$5) from 9:30 a.m. – 10 a.m.

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in baseball.

\$40 per player, includes t-shirt, team & individual photo, and participation award.

August 23 – September 27

Games begin at 6 p.m.

Registration due August 3, 2012

Volunteer coaches needed; call (801) 955-4012 to volunteer.

Fall Recreational Softball League

Men's and Co-Ed Leagues available

Games begin week of August 21;

Fees: \$325 per team

Registration due on August 3, 2012

\$50 late fee after August 3

Captain Meetings Monday, August 13, 2012, 6 p.m. at the Fitness Center

Fall Machine Pitch

Boys and Girls ages 7- 10

August 21 through September 27

Games and instruction designed to teach basics in Machine Pitch: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

Practices are held on Tuesdays, games held on Thursday

\$42 per player includes t-shirt, team & individual photo, and participation award.

Registration due August 3.

Volunteer coaches needed; call (801) 955-4012 to volunteer.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.wvc-ut.gov/fitnesscenter
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

